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Brittney Ramsay is one of
the contributors to share
insights in Dear Calgary.
JEREMY SIMES/FOR METRO



LOOKING UP AMID A DOWNTURN

Sharing
advice for new
entrepreneurs
metroNEWS

Gay Rodeo to live on ... sort of

STRATHMORE

New organizers
re-launching as
a camping event



Brodie
Thomas
Metro | Calgary

It won't be a rodeo, but members of the southern Alberta LGBTQ community are still bringing together campers for the long weekend with the long-term vision of keeping the Strathmore Gay Rodeo alive.

Co-organizer Deb Bonniface said in the wake of the Orlando nightclub shooting that left 49 people dead, the need to come together is more important than ever.

"Being gay now is more accepted, but after Orlando, it was like, 'OK, we still need these or-

ganizations because the hate is still out there," she said.

The Canadian Rockies International Rodeo and Music Festival in Strathmore was cancelled unexpectedly on May 19. Its organizing group, the Alberta Rockies Gay Rodeo Association, later announced it was ceasing all operations.

With less than a week to go, organizers are expecting between 200 and 300 people to camp out in Strathmore over the long weekend at the festival site. Events will include two dances and fireworks.

Bonniface said the rodeo has become a key event in the LGBTQ community, and some people had already purchased tickets to fly in.

Paul Dubon-Roberts, vice-chair of the Medicine Hat Pride Association, said would-be campers simply pay a flat rate of \$75 for camping. A bracelet for all events is \$20.

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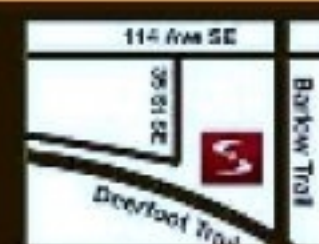


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BY THE NUMBERS

Alberta's big earners



Jeremy Simes
For Metro | Calgary

The government has opened its books to reveal the hundreds of millions spent on public-sector jobs. The sunshine list includes every government agency, board and commission employee making more than \$125,000 per year. Metro broke down the numbers to see the biggest earners.

The Alberta Energy Regulator.

The agency, which ensures environmentally responsible development of hydrocarbon resources, spent about \$56.5 million on 351 wages in 2015 for managers, directors, VPs, geologists and economists, among others. The agency's head, Jim Ellis, earned the most, with \$721,680 in salary and other compensation. He was third-highest paid of all agencies, boards and commissions.

\$358,856,877

Alberta Health Services (AHS)

The mammoth health authority spent \$358,856,877 on 2,389 wages in 2015 for workers and board members. Many registered nurses earned \$128,000 per year, physicians made in the \$280,000-to-\$457,000 range and executives received \$150,000 and up. AHS CEO Dr. Verna Yiu, who wasn't on the list, makes \$573,841 per year.

\$56,472,884

\$47,255,487

\$16,155,908

Workers Compensation Board (WCB)

The board spent just more than \$16 million in compensation to pay 97 wages in 2015 for lawyers, managers, directors, vice-presidents and psychologists. The biggest earner was WCB President and CEO Guy Kerr, who made \$896,206 in salary and other compensation. Kerr was the highest paid person out of all agencies, boards and commissions.

\$18,607,167

Mount Royal University (MRU)

Last year, the Calgary university spent more than \$18 million to pay 139 wages for professors, board members, executives and managers. Professors — with various titles — earned from \$75,000 to about \$190,000. The highest earner at MRU was President David Docherty, who makes \$326,367 per year.

Alberta Electrical Systems Operator (AESO)

This agency is responsible for the planning and operation of the Alberta Interconnected Electrical System. It spent about \$47.3 million on 263 wages last year for directors, managers, engineers and executives. The highest paid was David Erickson, AESO's chief executive, who made \$861,549. He was the second-highest paid person on the sunshine list.

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Meds not the only option: Advocate

HEALTH

Doctors moving away from sole reliance on drugs: Expert



Jeremy Simes
For Metro | Calgary

Melanie Dubois no longer needs medication to ease her chronic pain and, for the first time in a long time, managed to go for a bike ride with her kids.

In wake of potentially hefty wait times to see specialists in the city, Dubois is shining a light on how some Calgarians can take it upon themselves to reduce pain by living a healthier lifestyle.

About one year ago, Dubois, who was diagnosed with back pain from scoliosis and nerve damage, among others, recalled she could hardly walk sometimes due to severe pain.

"It was just constant agonizing and I could barely sleep," she said. "I always shied away from sports like, when my kids wanted to go skating with me, I didn't do it



Melanie Dubois, who no longer needs pain medication, says she can now play with her children, Kolton, 3 (left) and James, 7.

JENNIFER FRIESEN/FOR METRO

because I didn't want to fall and hurt myself even more."

The prescription painkillers also made her too foggy to work in the day, she added.

But that all changed when she

began taking natural nutritional supplements, eating better, exercising, doing physiotherapy and meditating.

She said it dawned on her that she no longer needed the Percocets and amitriptyline when she

forgot the medications at home while on work in Saskatchewan for three weeks.

"Usually I would've had a panic attack, but there wasn't much

I could do," she said. "But the night came and I slept without any of the drugs, and I was fine. I thought, 'This is really weird.'"

Joe Kwan, pharmacist and Extended Health Team manager at

the Foothills Primary Care Network, said being healthy plays a huge role in reducing chronic pain.

He said many factors are involved in reducing chronic pain, including the betterment of people's mental health, physical activity and eating better.

"Chronic pain comes from multiple factors, so you need multiple coping tools to manage chronic pain," he said.

"If people can start eating properly first, then all those supplements and other things is in addition."

Dubois said she told her doctor she didn't need a re-fill of her medications and, after further examination, the doctor prescribed her a small dosage just in case she needed them.

"I haven't used them yet," she said. "I just want people to understand to figure out what's out there and that you can take it upon yourself to change your health for the better."

Kwan said doctors are moving in a direction where there's less sole-reliance on medication.

"Chronic pain is something with you lifelong," he said. "But you have to look at the person as a whole."

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MENTAL HEALTH

Steve Leong enlists local musicians to honour cousin



Jennifer Friesen
For Metro | Calgary

While sitting around the campfire, Steve Leong's cousin, Matt, would pick up his guitar and croon out his original song entitled *I Will Survive*.

It's a memory that has held strong from Leong's early summers spent camping with his family — and the song's title has become his beacon of hope.

In 2013, Leong lost Matt to suicide after Matt fought a long battle with addiction.

"It was a tough time for us," said Leong.

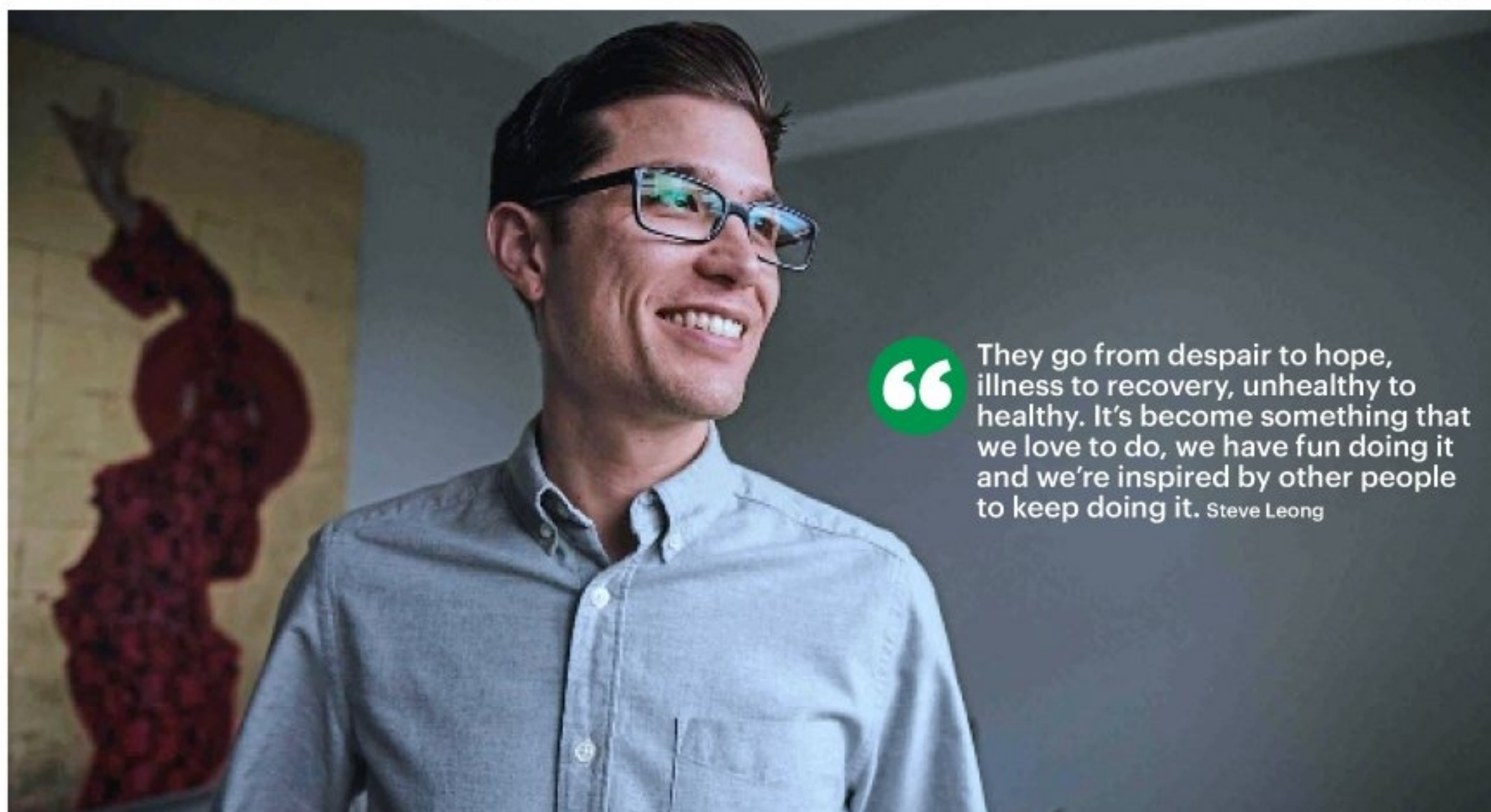
"It's a tough way to lose someone. (My friends and I) kept having these conversations about how there's a stigma surrounding mental illness and suicide ... and if we're not talking about our mental health with each other, it makes it difficult for us to help each other."

That was when Leong joined forces with three friends to start the *I Will Survive* Association.

In honour of Matt's love of music, the not-for-profit enlists local musicians for fundraising concerts with the mission of reducing the stigma surrounding mental illness and suicide. They

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“They go from despair to hope, illness to recovery, unhealthy to healthy. It's become something that we love to do, we have fun doing it and we're inspired by other people to keep doing it. Steve Leong

With the mission of breaking down boundaries when discussing mental health and suicide, Steve Leong is the executive director of the *I Will Survive* Association. The not-for-profit organization recruits musicians to play at fundraising concerts to help reduce misconceptions about suicide and mental illness. **To date the group has raised more than \$70,000 for four local mental health and suicide prevention centres.** JENNIFER FRIESEN/FOR METRO

have also produced 50 podcasts to increase the dialogue.

Since launching in 2013, the association has raised more than \$70,000 for the Canadian Mental Health Association's Calgary region, the Centre for Suicide Prevention, the Calgary Counselling Centre and the Distress Centre.

"You meet people along the way through these events that have these good news stories," said Leong. "They go from despair to hope, illness to recovery, unhealthy to healthy ... it's

become something that we love to do, we have fun doing it and we're inspired by other people to keep doing it."

On Sunday, Leong was joined by a team of nearly 30 for the Canadian Mental Health Association's third annual Ride Don't Hide charity bike ride.

It's the first time the Music 4 Life Street Team is joining in the ride, but Leong said the two events share a common goal in discussing the mental health stigma.

2013

***I Will Survive* Association was launched in 2013** by Leong and three of his friends after the suicide of his cousin, Matt.

"We want to give people the opportunity to have uncomfortable conversations until they become comfortable conversa-

tions," Leong said. "And we want to give people a platform to share their stories and share their art."

The *I Will Survive* Association is entirely volunteer run, despite the fact that Leong — and every other member — works a full time job. But with every event, every podcast and every person he meets, Leong says it's worth every minute.

"We started this organization because of my cousin," he said.

"But we keep doing what we're doing because of the people

who come up to us at our events and share their stories with us. If we can give them a platform to share their stories, they can give hope to other people that might be going through mental health challenges of their own."

The Music 4 Life Concert Series culminates in the main concert every autumn. The date and venue of the main event will be announced at the upcoming July 1 concert at Wine-Oh's featuring performances by Lisa Anderson and Long Jon Lev.

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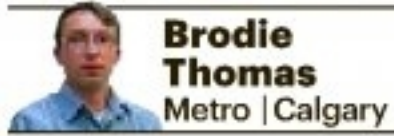


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TAXATION

Councillor eyes use of rainy-day fund



Brodie Thomas
Metro | Calgary

City administration is giving council its two cents on where the tax rate should be set for 2017, and it doesn't see much hope for a tax freeze.

Council directed administration to report back with a number of scenarios for different tax-rate hikes, including keeping rates where they are.

The report spells out various sources of cash that could be used to combat a tax hike.

It also delves into the levels of service cuts one could expect. Much of the fine detail on that part of the report is confidential.

The report spells out ways to get the increase as low as 1.5 per cent but warns against going lower.

"The risks associated with

rate increases below 1.5 per cent increase materially and, for this reason, administration advises against using them," reads the report.

However the numbers don't bother Ward 12 Coun. Shane Keating, who sees no problem in getting to zero, or at least extremely close.

"I would be in favour of taking funds from the Fiscal Stability Reserve (FSR) to cover whatever

shortfalls we have for this year," said Keating.

Known as the city's rainy-day fund, it currently has about \$300 million. Keating believes it is exactly what the fund was set up for.

The city had already mapped out tax increase for four years leading up to 2018, when the rate is currently scheduled to jump 4.7 per cent.

Administration says council should defer any decisions about 2018 until next spring.

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The American Humane Association is looking into claims that bison were killed on an Alberta movie set. THE CANADIAN PRESS FILE

Rancher denies movie kill

ANIMAL WELFARE

Investigation underway over allegations of bison slaughter

Krista Sylvester
For Metro | Calgary

The American Humane Association (AHA) is investigating allegations that four bison were slaughtered on an Alberta ranch during the production of a movie in April.

The allegations stem from the filming of a movie called *The Solutrean*. The bison were reportedly the property of well-known Alberta rancher John Scott, who explained Sunday he can't say much about the situation because it's currently in litigation. Scott is known for working with animals in the Alberta film industry.

"Two disgruntled employees have made some allegations that are false, and that's about all I can tell you," Scott told Metro.

Hollywood Reporter broke the story, saying the bison were slaughtered during a movie scene on April 2 in a Studio 8 production.

Local wrangler Dwight Beard was working on the set when

the alleged killing happened, although he declined to speak to specifics in this case.

"The big thing is this has happened in the past, and it has to stop. Right is right, and wrong is wrong," Beard told Metro, saying he has been both praised and condemned for speaking out.

The AHA prohibits the killing of animals solely for the purpose of film production and has said in a statement that it is investigating.

Albert SPCA communications manager Roland Lines said the organization alerted the AHA to the allegations because it doesn't have grounds to investigate the situation itself.

"Because there is no evidence that the bison were slaughtered inappropriately or suffered inhumanely, there was nothing we could do under the Animal Protection Act," he said.

That said, the organization is disturbed by the situation.

"The Alberta SPCA disagrees with the killing of animals for specifically for use of props in a film. It is very unsettling to us, and we would certainly support the Alberta Film industry ... to deliver a message that this type of practice will not be condoned regardless of whether this incident is true or not."



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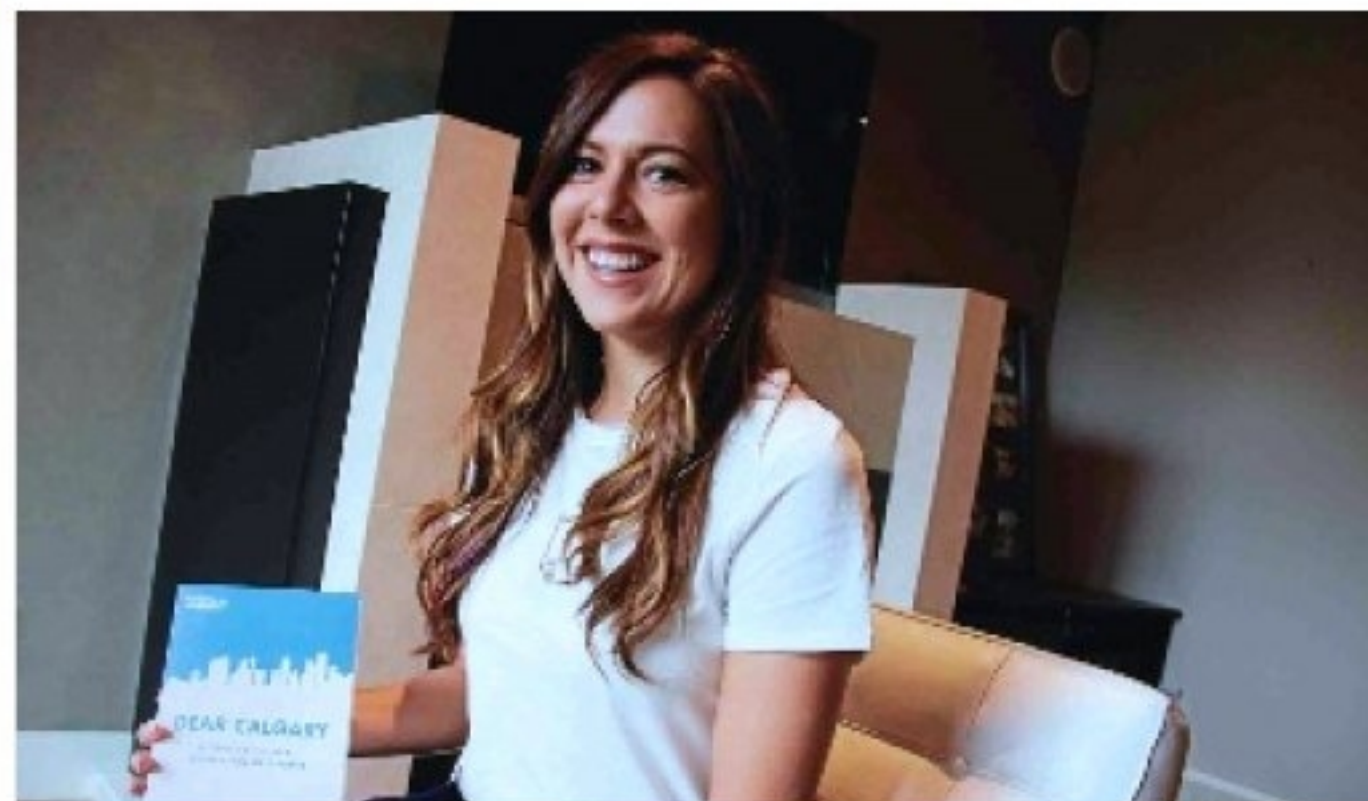
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Brittney Ramsey says she hopes young girls realize it's OK to be themselves in a male-dominated business world. JEREMY SIMES/FOR METRO

Entrepreneurial spirit celebrated

BOOK

City's business leaders give tips to new businesspeople



Jeremy Simes
For Metro | Calgary

Brittney Ramsay realized being herself paid off to boost her business in Calgary's male-dominated oil-and-gas industry.

Ramsay, president of Britt Land and Engagement, is among dozens of local business leaders who've contributed to the Calgary Chamber of Commerce's *Dear Calgary: Letters to the Next Generation of Leaders*, a book that gives advice to the city's new entrepreneurs.

When Ramsay became the president of the company at age 26, she said she felt like

she had much to prove.

"I was taking over my dad's business, and I wanted to do it how he did," she said. "I was really more reserved. I was trying hard to be what I thought the business community and our clients wanted."

But that all changed when she realized being like her dad — or what she thought people were expecting — wasn't working.

"I threw it all away and said, 'Hey, I have no experience with this. What do you think?' And asked other people for help, which has been the coolest thing," she said. "The whole premise of (the letter) was to tell people to be positive, be bold and make connections. Be vulnerable."

Scott Crockatt, the executive editor of *Dear Calgary*, said the book is timely given the current economic downturn.

He said the contributors talk about how they've managed to pick themselves up from their

numerous failures.

"I think that's an extremely important message," he said. "This is additionally challenging with the economy, but we think there's immense opportunity."

Ramsay said Britt experienced two economic downturns: the crash in 2008 and the oil-price drop of late 2014.

Though she said the numbers are down, the company has rebranded, upgraded tools, and created a strategic focus to diversify.

"We're transitioning from a services, transactional firm to a professional knowledge firm. We're way better off," she said. "That's how we wanted to start 2016. We wanted to be positive, we wanted to innovate, we wanted to be bold."

Ramsay said *Dear Calgary* celebrates the city's leaders and its entrepreneurial spirit.

"It'd be great if a young girl was reading what I wrote, and she's like, 'I don't have to fake it. I can be myself and it'll be OK.'"

BIKE TRAIL

Groups fear habitat impact

Parks Canada is preparing to go to the public with plans for a \$66-million, 107-kilometre bike trail adjacent to the Jasper-Banff highway — one of the country's most scenic drives.

But five environmental groups are already wary of the idea, fearing the project will damage crucial habitat and divert resources from conserving nature.

"Recent budget announcements have allocated far more to infrastructure than to eco-

logical protection and species-at-risk protection," said Andrea Johancsik of the Alberta Wilderness Association. "We're concerned about the amount of commercial development in the parks and this could perhaps contribute."

The highway runs past glaciers, icefields, cerulean lakes and jagged peaks and connects two national parks and is considered a classic — and highly popular — tour for both drivers and cyclists.

The proposed trail would run for 107 kilometres from Jasper townsites to the Columbia Icefields. It would be separate from the current narrow, two-lane road, said Parks Canada spokesman Steve Young.

"You're not going to have an extra lane on what exists now. It's designed to be safer."

The trail could eventually stretch to Lake Louise and link up with a current bike trail along the Trans-Canada Highway. THE CANADIAN PRESS

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Connecting kids to nature

MUD DAY

Common Digs raising money for outdoor kindergarten

Krista Sylvester
For Metro | Calgary

Connecting with nature to build a stronger community of people that care about our earth and each other was the dream of many who were celebrating the World Forum International Mud Day on Sunday.

Over 500 parents and children descended on Lloyd Park in south Calgary to have some fun in the mud with all proceeds from the event going to support the Red Deer Lake Community Association and the Children's Commons Ecological Society Calgary Nature Kindergarten, according to Wendy Yuen, co-founder of Common Digs.

"We wanted to celebrate the summer and end of June is International Mud Day and we thought what better way to celebrate than play in the mud," Yuen said. "It's fun to see the muddy kids out here but there are a lot of muddy parents too and that's great."

While Common Digs' Mud Fair was a fun way for kids to get their hands dirty, it is also an important fundraiser for the popular Nature Kindergarten

concept, which is now in its second year.

The full-day kindergarten program allows young students to spend their days outside exploring nature.

"They're getting a chance to explore the natural world, connect with the space and have time to explore wonder and foster their curiosity. They get to collaborate outdoors together," said Sayward Wilkinson-Blanc, lead educator.

Wilkinson-Blanc says she sees a huge difference in her students between when they start and finish the program.

"Their ability to take risks, be self-confident, problem solve, collaborate and their resilience increases, their sense of empathy for each other and all living creatures also grows."

The kids often start their day in a group before embarking on some wilderness adventures



Kids are curious and insightful and full of wonder.

Sayward Wilkinson-Blanc

which almost always result in questions and answers.

"Kids are curious and insightful and full of wonder," she adds.

Loni Dora has three daughters including one who is currently in the Nature Kindergarten program and she would recommend it to other parents.

"She always comes home with interesting stories and my daughter can identify some bird's feathers now and she is more curious about nature in the backyard. It's nice for them to have more exposure to the outdoors," she said.



Charlie Mann, 4, gets her hands dirty as she searches for treasures in the mud. ALL PHOTOS: KRISTA SYLVESTER/FOR METRO



Isla Jenkinson, Noah Penner, Grace Penner and Elouise Jenkinson get hosed down by the Calgary Fire Department on Sunday.



Asa Greening, 3, is all dressed up to search for mud treasures at Lloyd Park during the Common Digs Mud Fair.

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New Brighton welcomes athletic park

SPORTS

Skateboarding equipment may be added to new facilities later

Krista Sylvester
For Metro | Calgary

It was a long time coming but the southeast community of

New Brighton welcomed the city's first outdoor athletic park in 28 years.

The \$16-million state-of-the-art facility features four natural-turf soccer fields, a baseball diamond, two children's playgrounds, basketball nets, change rooms with public washrooms and will also be home to a future skateboard park, according to Ward 12 Coun. Shane Keating.

"We have spent a lot of time building stuff indoors but we

should be outside enjoying the weather too, so this is great for the community," Keating said.

"The southeast is finally catching up fast when it comes to recreation facilities, which is great because it's one of the fastest growing communities, yet it didn't have many facilities like this for a long time."

Construction began in 2014 on the park with \$13.5 million in funding from the Alberta government while the city forked

out \$3.5 million. That includes a \$100,000 public art budget.

Father of two Garnett Matthews says he is excited to have something so close to his Copperfield home where both his kids can enjoy different activities.

"My daughter is a bit younger so she will enjoy the playground and my son is into all kinds of sports so this is just the perfect place to bring the family for a nice Saturday or Sunday out of the house," he said.



The New Brighton athletic park public art piece is called "Versus" and is perfect for team photos. KRISTA SYLVESTER/FOR METRO

WORD ON THE STREET

How did the Flames do at the NHL draft?

KRISTA SYLVESTER FOR METRO



“It was a good trade because they can't get a big-money goalie until they get Johnny and Monahan locked up to long-term deals. The draft was OK, as long as this Tkachuk is better than his dad was in the '90s.

Daniel Bessette

“I haven't been this excited about a trade before as we need a solid hardworking goalie like Elliot. He carried his team to the playoffs and will be the confidence between the pipes that the Flames have needed. Joyce Kao



“I think it's a good move because we needed a good goalie for next season and we didn't have to give much up for him. I didn't watch the draft much but I heard it went pretty well for them.

Caden Bracken

PHOTOS: KRISTA SYLVESTER/FOR METRO

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Feds cast eye on online harassment

STATUS OF WOMEN

Issue could be part of strategy on gender-based violence

Status of Women Minister Patricia Hajdu says she's quick to press the mute button on social media whenever violent or abusive comments come her way.

"My personal perspective is that I am not obligated to receive that and that I can use whatever mechanism I wish to walk away from violence in my life," Hajdu said in an interview.

"That is a knowledge and a power that I have after many, many years of personal growth around that issue."

Such power might not come easily to all women, girls and members of the trans community.

That is one reason Hajdu said she is interested in hearing more about what the fed-

eral government can do on the issue of cyber violence, including online harassment, as she begins consultations this summer on what should be included in the promised federal strategy on gender-based violence.

On Monday, Hajdu will meet for the first time with the members of an advisory council — including men — she has convened as a sounding board while Status of Women Canada develops a federal strategy against gender-based violence, a key part of her mandate from Prime Minister Justin Trudeau.

She said she wants to take a holistic approach, which includes moving beyond physical and sexual assault to look at other ways women and girls can experience intimate partner violence, such as through losing control of their finances or being isolated from friends and family.

She also thinks the federal strategy could support Justice Minister Jody Wilson-Ray-

+ PAST EFFORTS

A different approach

The transition binder prepared for Hajdu when she took over the portfolio said that, apart from Status of Women, the government as a whole had previously taken a "gender-neutral" approach, focusing the majority of its efforts on family violence and all victims of crime.

"If we don't actually talk about the problem in a way that reflects the evidence, we don't get very far," said Hajdu.

bould as she reviews domestic assault criminal legislation and bail conditions.

"We know there are pieces of legislation that civil society groups have said make it more difficult for women to report or more dangerous for women to report," Hajdu said. THE CANADIAN PRESS



Gudni Johannesson with wife Eliza Reid, who is originally from the Ottawa area, and their five children. CONTRIBUTED

ELECTION

Canadian is Iceland's first lady

Voters in Iceland have elected a new president, and in doing so have made a Canadian woman the Nordic nation's new first lady.

Gudni Johannesson has been declared the winner of Sunday's vote, which means his wife will assume the first lady's role.

Eliza Reid — who grew up in the Ottawa Valley — met Johannesson when they were both studying history in England.

The pair moved to Iceland in 2003, married a year later and now have four children.

Reid, 40, who works as a writer and editor, recently said she believed her Canadian background helped her husband's campaign because she doesn't try to be something she's not, and that appeals to people.

Johannesson — a history professor who has never before

held public office — joined the presidential race in April with a promise to restore the nation's trust in the political system after demonstrations called for the resignation of the prime minister amid a scandal involving offshore accounts.

Reid said she felt welcomed by Icelandic society and would consider it a tremendous honour to be first lady.

THE CANADIAN PRESS

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The Three Amigos are back in town

OTTAWA

Brexit at forefront of North American leaders' meeting

North American leaders meeting in Ottawa this week are being confronted with the seismic economic ripples caused by Britain's decision to leave the European Union.

Canada and Mexico must also take the opportunity to strengthen their bilateral co-operation as a counterweight to an incoming U.S. administration that may be anti-trade and inward-looking about American interests, experts say.

Those thorny issues will lurk

beneath the surface of what will be an attempt by the so-called Three Amigos summit to announce a new mechanism that keeps Canada, the U.S., and Mexico co-operating closely after President Barack Obama leaves office in seven months.

Prime Minister Justin Trudeau and Mexican President Enrique Peña Nieto will join Obama in the trilateral meeting, before Obama addresses Parliament later on Wednesday.

Their three-way bonhomie swims against a current of global disengagement in the

U.S. presidential election. The presumptive Republican nominee, Donald Trump, has talked about new trade barriers and criticized international military co-operation, while his Democratic rival, Hillary Clinton, has opposed the Trans-Pacific Partnership deal.

Now, the Brexit vote, which marks the start of an unprecedented negotiation to take Britain out of the EU, provides a stormy backdrop to the carefully crafted, sunny script of North American co-operation and solidarity to be delivered by Trudeau, Obama and Peña Nieto. THE CANADIAN PRESS



It's a great message to the world that we're working together.

Catherine McKenna



Syrian refugee student Abu Bakr al Rabeeah and English teacher Winnie Canuel in Edmonton on Wednesday. The pair are launching a book called *Homes*, which was written in collaboration. JASON FRANSON/ THE CANADIAN PRESS

EDMONTON

Syrian refugee's tells his tale, with a little help from teacher

What's your secret wish?

That's the first question teacher Winnie Canuel asks her students at the start of English as a second language classes at her Edmonton school.

For Abu Bakr al Rabeeah, an Iraqi refugee from Syria, there were two answers. First, he wanted to be a soccer player. But second, and perhaps more urgently, he wanted to tell his story.

This week, that wish was realized in a way the soft-spoken 15-year-old never imagined: it was published in a book.

Al Rabeeah and Canuel began working together last fall, about six months after his family

arrived in Canada as 10 of the 23,000 Iraqi refugees who've settled here since 2009.

As they talked, he relayed stories of his childhood in Iraq, such as being slapped by his Grade 2 teacher for being a Sunni Muslim.

Escalating tensions between Sunnis and Shias forced his family to flee Iraq and seek refugee status in Syria in 2010.

The next year, the Syrian civil war broke out. Every night at dusk, he told Canuel, a sniper would climb to the roof of his family's apartment building and use it as a base to fire at anti-government rebels living in the streets below.



It's about a love of a family and the resiliency of the human experience.

Winnie Canuel

His family lived with the war for three years before being brought to Canada.

During their discussions, his English grew stronger and so did his confidence. In Canuel, he said, he found a teacher he'd never have encountered at home.

"I trusted her," he said.

THE CANADIAN PRESS



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NEW YORK

Orlando, security loom over pride parade



Police patrol near the parade route of the New York City Pride Parade on Sunday. MEL EVANS/THE ASSOCIATED PRESS

With a moment of silence followed by the roar of motorcycles, New York City's gay pride parade kicked off Sunday, a celebration of barriers breached and a remembrance of the lives lost in the massacre at a gay nightclub in Orlando.

Crowds of onlookers stood a dozen deep along Fifth Avenue, many waving rainbow flags. Some spectators held up orange "We are Orlando" signs, and indications of increased security were everywhere, with

armed officers standing by. An announcer introducing state officials and guests also shouted out, "Love is love! New York is Orlando!" in memory of the 49 people killed in Florida.

Authorities had expected a larger-than-usual crowd, and 15-year-old Chelsea Restrepo, of Staten Island, was among the onlookers. She had brushed aside her father's concerns about security to attend the march for the first time.

THE ASSOCIATED PRESS



REFUGEE CRISIS MORE THAN 3,300 RESCUED Migrants disembark after arriving in Sicily on Sunday. The Italian coast guard says it has co-ordinated the rescue of 3,324 migrants in the Mediterranean Sea, as smugglers exploited good weather and calm seas to launch of migrants toward Italy. THE ASSOCIATED PRESS

Clash leaves many injured

POLICE

Violence erupts as right-wing extremists clash with protesters

Authorities say a total of 10 people were taken to the hospital after counter-protesters clashed with members of right-wing extremist groups outside the California state capitol building in Sacramento. The Sacramento Fire Department says the injured included nine men and one woman ranging from 19 to 58 years old. At least five suffered stab wounds.

Sacramento Fire Department spokesman Chris Harvey said emergency crews transported six people who were stabbed, some critically wounded, and that many other people had cuts, scrapes and bruises.

"There was a large number of people carrying sticks and rushing to either get into the

melee or see what was going on," Harvey said.

California Highway Patrol officers managed to break up the large fight but some members of both groups remained in the area an hour after the fight first broke out, Harvey said.

Videos from the melee posted on social media showed mounted police officers dispersing a group of mainly youth, some with their faces covered, while some throw stones toward a man holding a stick and being shielded by police officers in riot gear as he enters a glass building.

The victims were all present while a protest took place, said Sacramento Police spokesman Matt McPhail but he said it was still unclear whether and how they were involved.

The Traditionalist Workers Party had scheduled and received a permit to protest at noon Sunday in front of the Capitol. McPhail said a group showed up to demonstrate against them.

THE ASSOCIATED PRESS

ELECTION

Spain's political future still unclear

Spain's repeat election on Sunday failed to clarify the political future of the European Union's fifth-largest economy, with the main parties placing roughly the same as in last December's ballot, which brought six months of stalemate.

The conservative Popular Party, which ruled for the past four years, again collected most

votes in the election but still fell short of the majority of 176 seats it needs in the 350-seat Parliament to form a government on its own.

With 97 per cent of the votes counted late Sunday, incumbent prime minister Mariano Rajoy's party earned 137 seats in Parliament.

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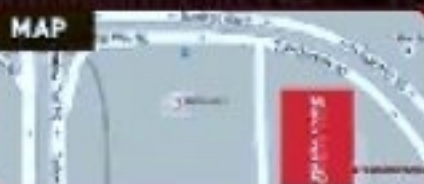
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Tourists pose for a photograph in front of the Spanish Parliament in Madrid. The news of the U.K. vote to quit the European Union is leaving British expatriates filled with fear about their future. Those who have built lives abroad worry what the vote may mean for their property, their pensions and their medical benefits. FRANCISCO SECO/THE ASSOCIATED PRESS

Expats are spooked by results of Brexit

POLITICS

Britons living in EU worried about their futures

Tad Dawson's pub in this Spanish vacation town was doing a brisk business in the summer sun. The only dark clouds he saw were coming from the bar's TV, tuned to a British news channel.

Inside the Yorkshire Pride were many British tourists watching the screen as their prime minister announced his resignation Friday after the U.K.

voted to leave the European Union.

Dawson, a 51-year-old Englishman who has lived in Spain since the 1990s, admits the decoupling of Britain from the EU other 27 member nations has him spooked.

His future is suddenly uncertain.

"We're very scared because I've been here 23 years. I've got my house, my kids were born here, they went to a British-Spanish school, I've got a bar, I've got a lot to lose," Dawson said at his pub, which was decked out with the red-and-white English flags featuring the St. George's Cross.

EU leaders are due soon to

"We've lived in Spain for a lot of years. We don't know how it's going to affect us." Tad Dawson

begin unprecedented, and knotty, negotiations on how to extricate the U.K. from the bloc. Crucially for British expatriates, EU laws stipulate that the bloc's citizens have the same rights as those nationals in any other member nation.

Nobody is saying what the rights of Britons living in the EU might be in a future outside the bloc. Dawson worries about losing his entitlements in Spain, which is part of the EU.

"We don't know how we're going to be now," he said. "We might have no pension. We might have no medical. We may have to sell our properties. We've lived here for a lot of years. We don't know how it's going to affect us anymore."

An estimated 1.2 million Britons live in other EU countries, many of them in France, Spain and Portugal, according to Britain's House of Commons library. THE ASSOCIATED PRESS

POLITICS

Scotland threatens to block leave



Scotland's First Minister Nicola Sturgeon AFP/GETTY IMAGES

Britain's shocking decision to remove itself from the European Union brought more political turmoil Sunday as Scotland's leader threatened to block the move and the Opposition Labour Party's leader veered dangerously close to losing his post.

The sense of unease spread as European leaders stepped up the pressure on Britain to begin its complex exit from the 28-nation EU immediately, rather than wait several months as British Prime Minister David Cameron prefers.

With London's jittery stock market set to reopen Monday, the leaders of the successful campaign to leave the EU stayed largely out of the public eye.

If they were silent, Scotland was not. Popular First Minister Nicola Sturgeon said she would "consider" advising the Scottish Parliament to try to use its power to prevent Britain from actually leaving the EU. She said Scottish lawmakers might be able to derail the move by withholding "legislative consent" for a British

exit, or Brexit.

Sturgeon said she believes Scotland's approval is required for the move but conceded the British government would likely take "a very different view."

Thursday's U.K.-wide vote to leave the EU was very unpopular in Scotland, where 62 per cent cast ballots to stay.

Cameron said that he will resign as prime minister when the Conservative Party chooses a new leader, who will be charged with implementing the separation from the EU.

THE ASSOCIATED PRESS

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An Iraqi army tank is seen in Fallujah, 50 kilometres from the capital Baghdad, after Iraqi forces retook the embattled city from Daesh on Sunday. AFP/GETTY IMAGES

Fallujah declared 'fully liberated'

IRAQ

Iraqi forces now set sights on retaking Mosul

Five weeks after a military operation began, a senior Iraqi commander declared Sunday that the city of Fallujah was "fully liberated" from Daesh, giving a major boost to the country's security and political leadership in its fight against the extremists.

Recapturing Fallujah, the first city to fall to Daesh more than two years ago, means that authorities can now set their sights on militant-held Mosul, Iraq's second-largest city.

Prime Minister Haider al-Abadi, visiting central Fallujah with the celebrating troops, vowed that the Iraqi flag would next be raised above Mosul. But that campaign has been progressing in fits and starts, revealing the deep divisions

among the different groups that make up the security forces.

Iraqi troops entered Fallujah's northwestern neighbourhood of al-Julan, the last part of the city under Daesh control, said Lt. Gen. Abdul-Wahab al-Saadi, head of the counterterrorism forces in the operation.

The operation, which began May 22, "is done, and the city is fully liberated," al-Saadi said.

Al-Abadi, dressed in the black fatigues of the counterterrorism forces and carrying an Iraqi flag, visited Fallujah's central hospital Sunday evening and called for residents of the city 65 kilometres west of Baghdad to celebrate the military advance.

But tens of thousands of people from Fallujah who were forced to flee their homes during the operation are still at overcrowded camps for the displaced with limited shelter in the Anbar desert. The U.S.-led coalition said it was still conducting airstrikes in the area, and aid groups warned it was

+ OPERATION

The Fallujah operation was carried out by Iraq's elite counterterrorism troops, Iraqi federal police, Anbar provincial police and an umbrella group of government-sanctioned militia fighters — mostly Shiites — who are known as the Popular Mobilization Forces.

too early to say when residents could return to their homes in the city, citing the presence of makeshift bombs left behind by the militants.

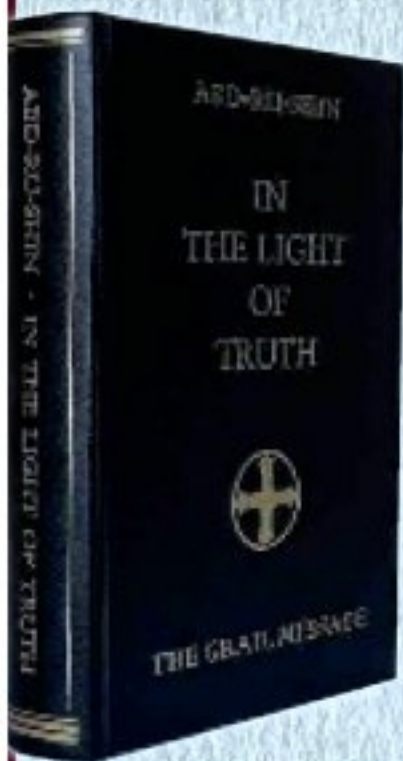
Daesh which had held out for more than a week on the northern and western edges of Fallujah largely collapsed early Sunday under a barrage from coalition warplanes, including a single airstrike that killed 47 fighters in the Jolan neighbourhood, said Brig. Haider al-Obeidi of Iraq's special forces.

THE ASSOCIATED PRESS

Why is This Happening to Me?

A Lecture Based on the Work

"IN THE LIGHT OF TRUTH" – The Grail Message



Don't many of us find ourselves asking the above question reflexively, triggered by any number of factors — job loss, ill health, death of loved ones, relationship difficulties and any one of thousands of human heart griefs? Faced with adverse circumstances or conditions we often rebel, wishing the conditions away. But, is there a different question we should be asking? The question that opens us up to the seeds for our inner spiritual development present in all conditions? The question that if we summon the courage to ask, and then, listen, opens up for us pathways to such heights of insights that permit recognition of the gifts being offered us through all conditions and circumstances? A question that allows us in time to see how every condition holds within it the expressions of the love and goodness of the Source of All Life! The speaker will share insights on this practical question derived from his experiences with the work, 'In the Light of Truth', the Grail Message.

DATE: Saturday, July 30, 2016 PLACE/VENUE: Canadian Room, Sheraton Cavalier Calgary Hotel, 2620 32 Ave NE, Calgary, AB
TIME: 1:00pm — 3:00pm PARKING & ADMISSION: FREE

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More rain bound for sodden state



Theresa Havers helps clean her son's home in Rainelle, W.Va. CHRISTIAN TYLER RANDOLPH/CHARLESTON GAZETTE-MAIL VIA THE ASSOCIATED PRESS

WEST VIRGINIA

Victims hunker down in church as new volley of flooding looms

As West Virginians continued surveying damage in a state so devastated by floods that one said her community "smelled like death," residents braced for

the prospect of more rain.

The National Weather Service has issued a flash-flood watch for at least 25 West Virginia counties on Monday. Heavy rains were possible in many areas already ravaged by last week's floods that have killed 24 people statewide.

The forecast also includes hardest-hit Greenbrier County, where 16 people have died and floodwaters have yet to recede.

Dozens of residents of flood-ed-out Rainelle remained Sun-

day at a shelter more than 40 kilometres away at the Ansted Baptist Church.

The church's gymnasium has been converted to a shelter. The church is also a drop-off point for donated goods as well as a makeshift kennel.

For now, it's home for Jerry Reynolds, his wife, Janice, and his brother, Marcus Reynolds.

Janice Reynolds said she drove back to Rainelle on Saturday to survey the damage. She said her

home was destroyed, a vehicle was lost in the floodwaters and the community "smelled like death."

Jerry Reynolds says the flood was "the worst thing I've ever seen." But as he sat in his car at the shelter, he declared that "we're survivors. We'll make it."

Marcus Reynolds even found a bit of humour amid the sorrow.

"Would you be interested in any oceanfront property?" he asked. THE ASSOCIATED PRESS

CALIFORNIA

Wildfire ends lives, devours 200 homes

A ravenous and deadly wildfire in central California has burned 200 homes, many belonging to retirees on fixed incomes with few other possessions.

"Most people here, this is all they had," said Daniel O'Brien, 53, who lost two rental mobile homes. "You have these moments where you just want to break down crying and fall apart."

The 150-square-kilometre fire has claimed at least two lives, and officials warned the death toll may rise. Cadaver dogs were being brought in Sunday to search for remains.

Kern County Fire Department operations chief Joe Reyes said firefighters had contained significant swaths of the fire's northern and eastern edges but that work remained in securing the southern side of the blaze. Crews were moving in from both sides to connect in the middle and establish a perimeter.

Retardant was being spread over one section south of the fire in case it moves further down.

"The hope is we never have to use it," Reyes said. "But hope's not a plan."

Firefighters were aiming to have the blaze fully contained

by Thursday.

A total of about 1,700 firefighters are battling the blaze and combing through debris for hot spots.

On Saturday, firefighters found what appeared to be a set of human remains further up the street from O'Brien's two rental homes. The remains were so badly burned forensic investigators will have to determine whether they belong to a person or animal, Kern County Sheriff's spokesman Ray Pruitt said.

Gov. Jerry Brown declared a state of emergency, freeing up money and resources to fight the fire and to clean up in the aftermath. The Federal Emergency Management Agency also authorized the use of funds for firefighting efforts, fire officials said.

Since it began Thursday, the fire has swept through 36,810 acres of parched brush and timber. It moved so quickly that some residents barely had time to escape — and two didn't.

An elderly couple apparently was overcome by smoke as they tried to flee, county Sheriff Donny Youngblood said. Their bodies were found Friday, but their names haven't been released. THE ASSOCIATED PRESS



Lucas Martin pulls a frying pan out of the ashes of his home in South Lake on Sunday. RICH PEDRONCELLI/THE ASSOCIATED PRESS

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Liliya Sahiholnasab, 6, uses a special pair of glasses designed by Dr. Vahid Sahiholnasab to help correct her posture at her home in Richmond, B.C. THE CANADIAN PRESS

Wearable tech offers cure

HEALTH

Vancouver doc tells patients technology is good for them

When patients visit Dr. Vahid Sahiholnasab for a routine check-up, he often asks to review their electronic fitness trackers.

He is learning that integrating new gizmos into health regimens can be a steeper climb than convincing people to walk 10,000 steps each day.

"It's strange territory," said

Sahiholnasab, who is also a clinical instructor at the University of British Columbia. "You're going to find a lot of resistance."

Even so, the Vancouver doctor is on a kick to persuade the population that technology is good for their health.

He's among a group of entrepreneurs in B.C. who are developing innovative gadgets that can be worn, a rapidly advancing market known as "wearable technology."

Sahiholnasab has designed a pair of high-tech glasses to prevent children from developing bad posture while playing with devices like smartphones and

video games.

He's tackling a problem identified by a Dutch spinal surgeon that's been dubbed "Game Boy Disease," where kids are increasingly complaining of neck and back pain.

His wearable product, called the EyeForcer, sends a warning to slouching children and shuts the game down when they've hunched over too many times.

"Whether we want it or not, we are heading toward wide use of technology in health care," said Sahiholnasab, whose company is called Medical Wearable Solutions.

Other B.C. inventors putting wellness into people's hands

have also discovered that cool ideas aren't always snapped up.

"It's all a little unknown," said Paul Fijal, a biomedical engineer and head of product development with Awake Labs, whose team is developing a wearable band for people with autism.

"(There's) the whole aspect of it being new and unexplored."

The bracelet, called Reveal, is equipped with sensors that measure and track physiological signals in real time, providing information on emotions and behaviour. Parents and caregivers can better read, for example, whether the wearer is feeling high anxiety.

Fijal said a crowdfunding campaign is doing well as the team continues testing a prototype for release in May 2017. But he has heard concerns about privacy and basing health care solely off signals transmitted by a bracelet.

His team is addressing those worries by reminding people of existing privacy laws, while Fijal said they will rely on "early adopters" to open the wider market. "People who recognize the impact and the potential and are OK with the risks," he said, describing families of autistic children enthusiastic to test the bracelet.

THE CANADIAN PRESS

JAMES "WHITEY" BULGER

Gangster's goods sold for \$100K

A rat-shaped pencil holder and a sterling silver "psycho killer" skull ring were among the belongings of gangster James "Whitey" Bulger that pulled in more than \$100,000 US at a court-ordered auction to raise money for his victims.

Hundreds of items belonging to Bulger and his longtime girlfriend, Catherine Greig, were up for bid at Saturday's auction in Bulger's South Boston hometown. The proceeds, totaling \$109,295 US, will be split among the families of Bulger's victims, including 20 people killed by Bulger and his gang and several extortion victims.

Bulger's coveted rat-shaped pencil holder, a nod to the gangster's longtime status as an FBI informant, sold for \$3,600 US, according to The Boston Globe. The skull ring, one of the auction's prized items, brought in \$5,200 US. The gangster's gold and diamond Claddagh ring, appraised at \$10,000 US to \$15,000 US, fetched the highest price of the auction: \$23,000 US.

South Boston attorney Richard Lane, a close friend of Greig's twin sister, Margaret McCusker, paid \$110 US for framed photographs of Bulger and Greig's beloved pets. Lane said he would give the photos to McCusker to "keep them in the family."

Those items and more revealed Bulger's domestic life in hiding with Greig.

Bulger, now 86, was convicted of a host of charges, including participating in 11 murders, during a 2013 racketeering trial. He is serving a life sentence. Greig was initially sentenced to eight years in prison, then got 21 additional months for refusing to testify about whether other people helped him while he was a fugitive. THE ASSOCIATED PRESS

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URBAN ETIQUETTE ELLEN VANSTONE



THE QUESTION

I invited people to a birthday party without making clear that it was a birthday party. None of the invitees has confirmed. Should I have been more clear about the birthday part?

Dear Ellen,
I sent out an invitation to friends and family to attend my team's roller-derby bout. I mentioned I'm not playing, but it would be great to get their support. It also happens to be my birthday but no one has confirmed. Should I have been more forthright and said it was my birthday and this is how I wanted to celebrate it? I am nearing 40, and birthday parties are getting old, but I was hoping this was a way to get friends and family together. I almost feel like people forgot it's my birthday, and I feel awkward having to remind them.

Signed,
RollerGirl

Dear RollerGirl,

Make no mistake. You're feeling "like people forgot" your birthday because they did.

But why take it personally? And why expect anyone to come to an event that you're not even competing in, especially when they don't know why you asked them?

Before we address the etiquette question, though, let's address what you want on a purely emotional level.

You have a choice between two unpleasant states: feeling embarrassed and slightly resentful that you have to remind people it's your birthday or feeling irritated

The internal mess you're creating for yourself stems from wanting something from people who have no way of knowing what you want.



and totally resentful when everyone forgets it's your birthday and declines your invitation to a roller-derby-themed birthday celebration that, so far, exists only in your own head.

You see the problem here? I think you do, because you yourself spell it out in your letter: "Should I have been more forthright and said it was my birthday and this is how I wanted to celebrate it?" The answer, R-Girl, is "yes."

The internal mess you're creating for yourself stems from wanting something from people who have no way of knowing what you

want, which is the recipe for disaster in all relationships.

If you are a Knight of the Round Table, or a hero in a Thomas Hardy novel, or an all-purpose, self-styled relationship martyr, you may find solace in silent suffering accompanied by a feeling of superiority at your Olympian powers of repression.

But if you are an emotionally healthy grown-up, you will shun these unnecessary agonies and simply ask for what you want, in a direct and respectful manner. Sure, you might feel silly asking for a birthday party, but there's no shame in it. In fact, it's extremely

polite to do so, in order to save friends and family from feeling bad later if they've forgotten.

Being clear about your innermost desires — within the bounds of good taste and the law, at least when it comes to public events — shows excellent manners. It gives the people in your life a fighting chance of not being resentful or despised for not being able to read your mind.

So party on, RollerGirl, and happy birthday.

Need advice?
Email Ellen:
scene@metronews.ca

ROSEMARY WESTWOOD

What will the Brexit result do to the London I knew?

"F---king c--ts."

That was the first message I got, hours after the Brexit vote, from a once-proud Yorkshireman who could not believe it.

"I'm at a wedding," he wrote. "Then I'm leaving my country for a place which isn't dictated by fear and xenophobia. I am so f---king upset. I actually cried. Which is a hard thing for me to do." (I would have thought near impossible.)

"They've doomed a generation."

"They" would be the northern, economically challenged, older and less educated British who polls say made up the bulk of the "leave" camp, whose victory in last Thursday's referendum figures to tear the U.K. out of the European Union.

This friend, like everyone I know in the U.K. — maybe a hundred or so Gen Yers and millennials — was furious. The scope of their lives had shrunk to a pea. Or so it seemed.

From 2010 to 2012, I lived in a cramped flat in a crumbling old council house, London's ubiquitous social housing developments, with a rotating list of broke international riff-raff. We were Danish and Italian, Australian, English, Canadian. Rent was so high the living room was a bedroom. And in packing ourselves into a tinderbox of a kitchen for dinners (Styrofoam ceiling tiles can't possibly be to code) we made

a family. Datchett House, on Virginia Road in East London, became Dats--t, our beloved dump of a home.

The city — its crippling cost of living, its war zone of a Tube rush hour, its superiority complex and its brutal loneliness — sent home in tears anyone who lacked the fortitude or foolishness to keep going. Those who stayed made it better. We worked hard at jobs we loved, and some we hated, and paid rent and taxes and bought groceries and filled the pubs. We took the crazy transit routes, and sang in choirs and befriended corner-store clerks. We were a part of our communities. A good part. A financially beneficial part: One 2014 study found EU immigrants paid more in taxes than they received in benefits, and contributed £20 billion over 10 years.

Most of my friends, and many observers, believe the refugee crisis and immigration are behind the decision that seems to have upended a continent. But xenophobia is wholly at odds with the London I knew, the antithesis of my little, dilapidated flat. Internationalism is the birthright of my generation, or at least, we thought it was.

Yorkshire, my friend's "selfish" county in the northeast, voted leave.

"I'm handing in my Yorkshire passport," my friend wrote, and I couldn't tell how hyperbolic he meant it. "No longer a Yorkshireman."

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"To see a Bill Cunningham street spread was to see all of New York."

New York Times Executive Editor Dean Baquet said on Twitter Saturday. Cunningham, a longtime fashion photographer for the Times known for taking pictures of everyday people on the streets of New York, has died. He was 87.

No sleep for the lucky few

HEALTH

Why some people don't need to snooze for eight hours

Stats show the average Canadian sleeps for eight hours and 18 minutes, which would be a bit of a nightmare for Alastair Summerlee.

He has slept a maximum of four hours a night, waking at 40-minute intervals, his entire life. On the rare occasion, usually after cutting down to just two hours, he might crash for six.

"When I wake up, I feel like death," Summerlee, 63, says of those unusually long sleeps. "I'm assuming that's what (other) people are like when they wake up in the morning."

Though many try to cut back on sleep, the ability to thrive — not just survive — with only a few hours of sleep is rare, shared by an estimated 1 per cent of the population. Scientists have started to study their genetics and behaviour of these natural "short sleepers," to unlock some of the mysteries of sleep regulation and its effect on human health.

Sleep deprivation in most people means grumpiness, brain fog and impaired motor function. But many short sleepers have a genetic anomaly that allows them to jump out of bed after a few hours. They are often described as preternaturally optimistic, energetic and happy.

Whatever the body does dur-



For most, sleep deprivation can have serious consequences, says Sunnybrook Hospital sleep neurologist Dr. Andrew Lim, who has published research linking fragmented sleep to the risk of Alzheimer's disease and stroke in older adults. But many short sleepers have a genetic anomaly that allows them to jump out of bed after a few hours. ISTOCK

ing sleep is critical for health. Long-term health consequences of chronic sleep deprivation include an increased risk of heart disease, stroke, diabetes, obesity, depression and dementia. But short sleepers are seemingly exempt.

"They can do this, lifelong, without paying any price," says Dr. Ying-Hui Fu, a geneticist and professor of neurology at the University of California, San Francisco School of Medicine, who studies natural short sleepers. Fu believes genes, not habits

or wishes, determine the need for sleep.

"A lot of people say, 'I trained myself to do this,'" says Fu, who gets seven hours of sleep but prefers eight. "Maybe they can do that for 20 years but then develop this problem or that problem. They often don't even know it's because they're chronically sleep-deprived."

Through recruitment for a study on early risers, Fu's team found two members of a family who were both "morning larks and night owls" and slept about

six hours a night, two hours less than the North American average.

Exome sequencing, in which expressed genes are mapped, showed these short sleepers had the same mutation on the DEC2 gene, which influences the circadian clock. Mice bred with the mutation experienced shorter periods of both REM and non-REM sleep, and recovered faster from sleep deprivation.

The findings were published in the journal Science in 2009, after which numerous natural

short sleepers contacted Fu, who now has about 100 participants in her ongoing study. Some are healthy and vibrant at advanced ages, including one woman who was still volunteering in her 90s after sleeping only five hours a night. (Fu has since identified other, non-DEC2, genetic mutations associated with short sleeping.)

TORSTAR NEWS SERVICE

+ SHORT SLEEPERS

These seemingly bionic high-achievers may be "habitual short sleepers," as opposed to their genetic counterparts



■ Margaret Thatcher

Britain's prime minister claimed to sleep only four hours a night, a fact often held up as a symbol of her determination and willpower.



■ Thomas Edison

The inventor of the light bulb disdained the need for sleep. "Sleep is an absurdity; a bad habit," he has been quoted as saying.



■ Donald Trump

The presidential wannabe has bragged he sleeps as little as possible. "I like three hours, four hours, I toss, I turn, I beep-de-beep, I want to find out what's going on," Trump said last year.



■ Marissa Mayer

The Yahoo CEO reportedly managed a massive workload while an executive at Google by working 130 hours a week and pulling weekly all-nighters.

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Know the rules so you spend wisely

SMART SPENDING

Make a list, don't cheat and watch for those knee-jerk buys

Gail Vaz-Oxlade
For Metro Canada



For years I've blathered on about conscious (as opposed to conspicuous) consumption.

The masters of marketing work hard to convince you to spend money you really, really shouldn't. That means you must be vigilant if you don't want to be caught in consumerism's web.

The biggest and bestest tip I have for keeping your shopping on track is to always, and by that I don't mean sometimes, shop with a list. Whether you use a grocery list to stop you from impulse buying a bunch of crap at the supermarket, or you use a "Wants List" to prioritize the things you'd like to buy for yourself, having a list is gold. The rules are simple:

One: If what you want to buy isn't on the list, you can't buy it.

Two: You can put the item on your list and go home, and then go back out again, assuming you have the money to pay for it.

Three: You've got to wait a specific amount of time — 48 hours, two weeks, a month — so that the purchase becomes one that has been planned.

Right behind the list comes the "one-in-one-out" rule. You really want new drinking glasses since your shelves hold an odd amalgamation of vessels you've collected over the years.

This one is easy. You buy yourself new glasses and get rid of the old stuff.

But the rule also applies to shoes, dresses, and books. The rule applies to everything! So before you can bring anything new into your home, you must figure out what you're going to get rid of.

No cheating. A big-screen TV cannot be offset by getting rid of that horrible vase your SIL bought you. It has to be comparable. It must give you pause to think.

Then there's the "if I have the money to spend I have the money to save" plan. That's



Some pretty basic money rules will help you avoid getting trapped in the marketing spider's web. iStock



You can always find a good reason to scratch your acquisition itch. We are the masters of rationalization.

when you allocate a specific amount for savings every time you spend money on a want.

Decided to buy a new pair of boots? You not only have to have the money for the boots, you've got to have the 10 per cent you plan to save. So if you're planning to spend \$200, you'll need an extra \$20 for your savings.

If you're spending money as a knee-jerk reaction to your Spending Gremlin's whispers — "You work hard, you deserve

it," "Ooo isn't it pretty?" or "Everyone has one, I want one too!" — you're putting short-term gratification ahead of your financial health.

If you're spending money because some great marketing program reached into your wallet with its pretty packaging or "buy two get one free" obfuscation, you're proving you're as dumb as they think you are.

You can always find a good reason to scratch your acquisition itch. We are the masters of rationalization.

And we apply this rationalization to why we need to buy a certain car, acquire a bigger house, or wear brand names. It isn't about meeting needs. It's about the marketing spiders weaving their web. Don't be the fly that gets caught.

For more money advice, visit Gail's website at gailvazoxlade.com

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WHY I LIKE MY JOB

Alison MacKenzie, 27, Neighbourhood Convener with Agincourt Community Services Association and Project Manager with Building Roots - Toronto, ON

My passion is community development. The job entails collaborating with local residents, service providers and community stakeholders to coordinate social change around neighbourhood priorities and concerns.

Although I achieved my Master of Social Work from the University of Toronto, there are plenty of opportunities for volunteers and college/bachelor's degree graduates to expand their careers in community services. Most recently, I partnered with the city, employment centres, community agencies and residents to plan a unique training program for underemployed and unemployed professionals in the food sector. I have also worked with a diverse range of professionals to organize and facilitate initiatives that help residents better connect with their communities.

Starting out in this field can be as simple as volunteering. My first experience was supporting newcomers as they arrived in Canada. I found it very meaningful to support others while working alongside like-minded members of the community. The more I volunteered, the more I realized I could leverage my creativity and skills in social work to help people in many different ways. I believe you can really build the career of your dreams in community services, as there are plenty of opportunities to explore and endless areas of the community to serve.



THE BASICS: Community Services Worker

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Median wage of community services workers and social workers. Some workers in this field can earn up to **\$54,000** as they advance to roles as counsellors, community engagement workers and program planners/facilitators.

+12.8%

The amount of growth expected in this field over the next 8 years.

Data for this feature was provided by payscale.com, statcan.gc.ca, onetonline.org and jobbank.gc.ca

HOW TO START

A career in this field generally requires a community services worker (CSW) or social service worker (SSW) diploma from an accredited college, or a bachelor's or master's degree in social work (BSW/MSW). Previous experience as a volunteer can support applications to some post-secondary programs and occupations in community-focused environments, including refugee centres, homeless shelters and social innovation hubs

WHERE YOU CAN GO

The recent call for more community and social service workers has stemmed from an influx in social needs, a growing population and increase in community organization funding. Graduates and experienced volunteers can find rewarding work in group homes, rehabilitation centres, community facilities and non-profit organizations.

NEXT CAREER STEP

Having a least one year of steady experience builds a healthy foundation for career advancement. Advancement to such occupations as family and marriage counsellors, probation officers, and program planners and facilitators can be achieved with additional training. CSW graduates may also apply for the Registered Social Service Worker (RSSW) designation to put their social services skills to use in the workplace.

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THE AMAZING RACE CANADA

Show has most diverse cast

Ashley Callingbull is all too aware of the burden of expectations that falls on her shoulders as she runs *The Amazing Race Canada* Season 4.

For one, she is the reigning Mrs. Universe, the first Canadian to win the crown. She is also from Enoch Cree Nation, just west of Edmonton. The First Nations community will be closely watching her progress on what happens to be Canada's most watched television series.

"You really feel that you want to be a positive role model, but really I'm going to be myself. Hopefully I won't swear too much, because I really tend to under pressure," laughed Callingbull, 26, in Toronto before the start of the race.

The *Amazing Race Canada*'s new season starts Tuesday at 8 p.m. on CTV. Ten teams will compete for \$250,000 in prize money and gifts such as cars, airfare and hotel accommodations around the world. The competition show travels

the world and contestants take part in different physical and mental tasks to win each leg of the race.

It also features the most high-profile, diverse bunch of contestants yet, including Callingbull and contestants from other reality shows such as *Big Brother Canada*.

Host Jon Montgomery says producers have always committed to diverse casting. But this year features a more compre-

hensive approach. "Compared to prior years, the patchwork of Canadians is much more representative of what our nation looks like. We have people from new Canadians to second- and fourth-generation Canadians. If you really can't find someone you can identify with, then there is nobody like you in this country."

Callingbull will be running the race with her stepfather Joel Ground (both pictured below), an auto mechanic who recently walked her down the aisle at her wedding.

"I'm the calm one, so we make a good team," said Ground.

Last season, *The Amazing Race Canada*, based on an American original, averaged 2.54 million viewers, making it the most watched TV series in the nation. That was followed by *The Big Bang Theory* and *Survivor*. It's hard to pinpoint exactly why it's the most watched show but, certainly, casting directors have made sure that the show is reflective of the world, even as contestants are shown travelling the globe.

TORSTAR NEWS SERVICE



NEWS IN BRIEF Austin Clarke, an award-winning author sometimes called "Canada's first multicultural writer," has died. The Barbadian-born writer won the coveted Giller Prize in 2002 for his book *The Polished Hoe*. His memoir called *Membering* was published last year.



JOHANNA SCHNELLER WHAT I'M WATCHING

Preachy speeches aren't joyous or interesting

THE SHOW: *Roadies*, Season 1, Episode 1 (Showtime)
THE MOMENT: The sermon

Money guy Reg (Rafe Spall) informs the Staton-House Band's crew that they're spending too much on their stadium tour. "The old way is gone," he says.

"We're here because we love music," roadie Kelly Ann challenges him, eyes ablaze. "You either love what you do or you get the f—k out. That's all I have."

"I'm here to protect the brand," Reg says.

"You don't know the secret ingredient of the brand you're trying to sell," Kelly Ann counters. "Maybe the brand isn't a brand. Maybe it's a feeling. Kurt Cobain and Jimi Hendrix didn't die to become a crop top at Urban Outfitters. Perhaps I haven't communicated the fact that I live to destroy everything you stand for. And that is all I have." She stalks off.

Oh, Cameron Crowe, I had high hopes for this new series of yours. I get that you love rock music, and you're sad it's dis-



Imogen Poots as Kelly Ann in *Roadies* (Pilot). CONTRIBUTED

appearing. I get that, as you mature, you're fighting hard to resist cynicism and instead depict joy and passion. I admire those things. They're hard to show.

But this is Episode 1, and already you're doing preachy speeches. (Aaron Sorkin, passionate about journalism, made the same mistake in *The Newsroom*.) Sermons aren't joyous. Sermons aren't even interesting, unless you've earned them —

and even then, must be deployed judiciously.

HBO just killed *Vinyl* because it took a subject that should be tremendous fun — the music biz in 1970s New York — and made it no fun. Give us fun, and we'll feel passion.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

Wonder what they do all day?

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Built to inflict pain

NHL
Flames add 'pain in the ass' Tkachuk with top pick

It's been a busy month and an even busier draft weekend for the Calgary Flames.

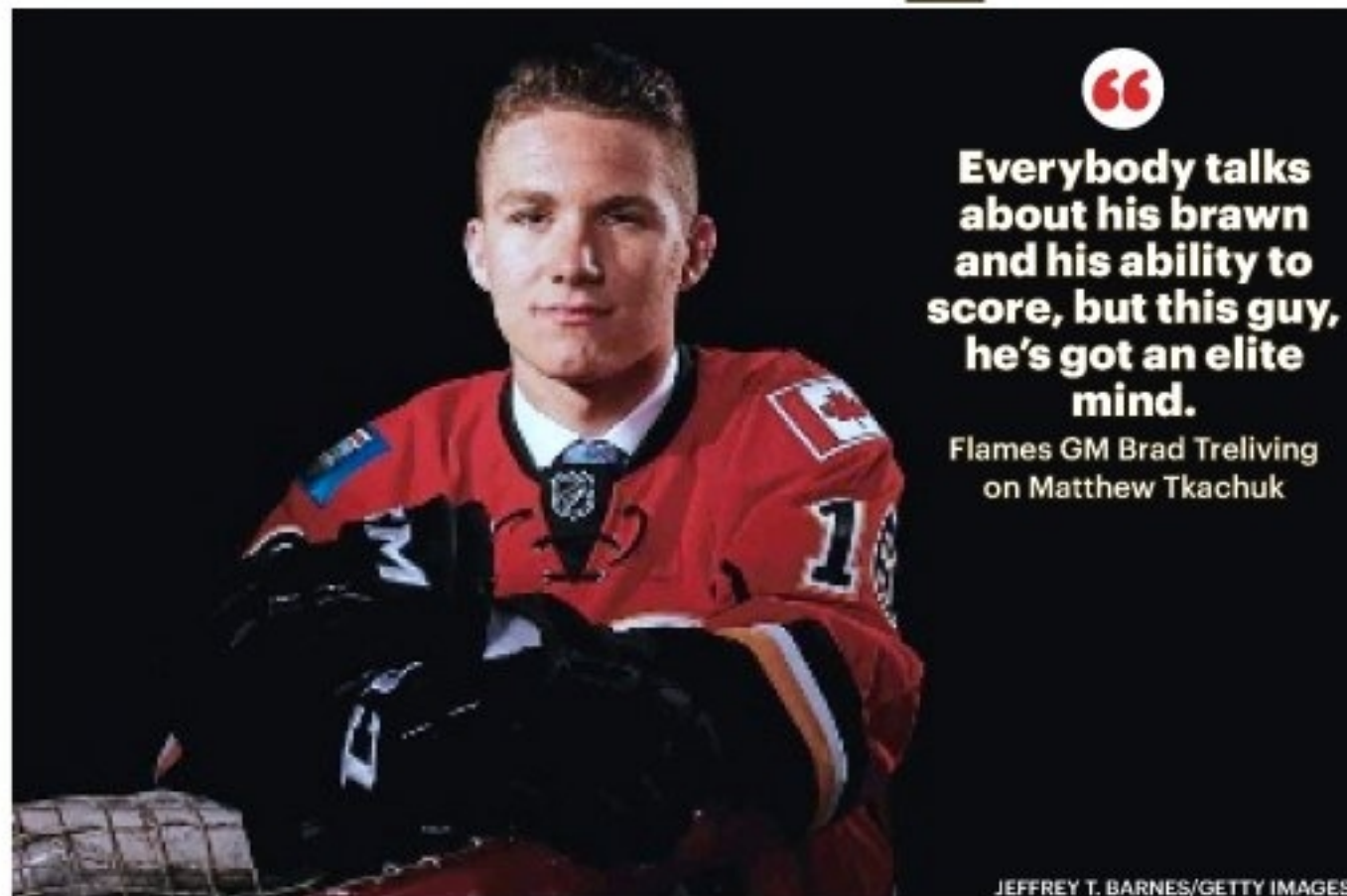
The Flames made nine picks over the course of two days in Buffalo, used another selection in the acquisition of a new starting goaltender, and hired a head coach earlier in June.

Matthew Tkachuk led the fleet of selections at the NHL draft, a scoring winger from the juggernaut London Knights junior program. Tkachuk scored 20 goals in 18 playoffs games, adding a pair of goals in the Memorial Cup championship game, including the overtime winner.

The 18-year-old son of long-time NHL power forward Keith Tkachuk and one of five players from the St. Louis area selected in the first round, Tkachuk adds another skillful young piece to a Flames complement that already includes Sean Monahan, Johnny Gaudreau and Sam Bennett.

Calgary knew Tkachuk would fall to the No. 6 hole when Columbus passed on Jesse Puljujarvi with the third overall pick, selecting French-Canadian forward Pierre-Luc Dubois instead.

"Kid's kind of a pain in the ass," Flames president Brian Burke said of Tkachuk, who was overly enthused to join the club, describing them as his desired landing spot. "We don't have enough guys who are pains in



“Everybody talks about his brawn and his ability to score, but this guy, he's got an elite mind.”

Flames GM Brad Treliving on Matthew Tkachuk

JEFFREY T. BARNES/GETTY IMAGES

the ass. And the way I like to play, I like guys who are pains in the ass.”

Flames general manager Brad Treliving said Tkachuk symbolized the kind of player Calgary tried to draft over the weekend: Competitive, skilled talents who can think the game.

“Everybody talks about his brawn and his ability to score, but this guy, he's got an elite mind,” Treliving said of Tkachuk, who finished fifth in OHL scoring during the regular season. “He can play with top players, he can think the game at a high level and he plays in the areas that aren't fun to play in.”

After dealing the 35th overall pick along with a conditional third round selection in 2018

for St. Louis Blues veteran goalie Brian Elliott, Calgary ended up using all eight of their other selections on Saturday. Treliving said he sensed a static trade market, telling his draft day team to “lock in” and get ready to make every pick.

With their first selection in the second round, the 54th overall, the Flames added Tkachuk's Knights teammate, goaltender Tyler Parsons. A Michigan native, Parsons led the OHL with a 2.33 goals-against average and .921 save percentage last season.

He's another long-term option in goal for the club, joining American netminder Jon Gillies, who missed most of last season after mid-season hip surgery.

Beyond the crease, the Flames

added four centres at the draft, including Western League pivot Dillon Dube, who put up a point a game for the Kelowna Rockets; Swedish centre Linus Lindstrom; big six-foot-four USHL centre Mitchell Mattson; and Matthew Phillips, a diminutive centreman from Calgary who posted 76 points in 72 WHL games.

The Flames selected a pair of defencemen: American Adam Fox, who's attending Harvard in the fall and compares his game to Colorado point man Tyson Barrie, and later Stepan Falkovsky, a Belarusian who debuted for the Ottawa 67's last season.

Finnish winger Eetu Tuulola rounded out the group.

THE CANADIAN PRESS

CFL Buono's boys gets best of Stampeders

Chris Rainey returned a punt 72 yards for a touchdown early in the fourth quarter as the B.C. Lions defeated the Calgary Stampeders 20-18 in Wally Buono's return to the sidelines Saturday to close out Week 1 of the CFL season.

Rainey added the Lions' other TD on the ground, Richie Leone was 2 of 3 on field goals and quarterback Jonathon Jennings connected on a two-point conversion with Nick Moore.

Kamar Jorden and Jerome

Messam scored the touchdowns for Calgary in rookie head coach Dave Dickenson's debut, while Rene Parades hit one field goal, missed two others for singles, and was 1 of 2 on extra points to round out the Stampeders' scoring.

THE CANADIAN PRESS



Wally Buono
THE CANADIAN PRESS

IN BRIEF

Hurley wins in Maryland

Billy Hurley III won his home Quicken Loans National on Sunday for his first PGA Tour title, shooting a 2-under 69 at Congressional for a three-stroke victory.

The 607th-ranked player broke through on the Blue Course to finish 17 under in Tiger Woods' annual tournament. Hurley held off multiple major champions Vijay Singh and Ernie Els and 21-year-old Jon Rahm.

THE ASSOCIATED PRESS

Ko sets course record

Top-ranked Lydia Ko won the NW Arkansas Championship on Sunday for her third LPGA Tour victory of the year, closing with a 3-under 68 for a tournament-record 17-under total and a three-stroke victory.

THE ASSOCIATED PRESS

Masse in her own class

Olympic-team member Kylie Masse completed a golden sweep of the women's backstroke events on Sunday with a victory in the 200-metre race at the Italian International swimming competition.

The 20-year-old from Windsor, Ont., clocked a personal best two minutes 8.79 seconds. She also won the 50 backstroke — a Canadian record on Friday — and the 100 backstroke on Saturday.

THE ASSOCIATED PRESS

Giants get Bochy to 800

Conor Gillaspie hit a game-ending RBI double with one out in the ninth inning to lift San Francisco past the Philadelphia Phillies 8-7 on Sunday and give manager Bruce Bochy his 800th win with the Giants.

THE ASSOCIATED PRESS

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7	4	6	5	9	8	3	1	2
9	8	3	6	2	1	7	5	4
5	1	2	7	3	4	6	8	9
8	3	1	9	7	6	4	2	5
4	6	9	2	8	5	1	7	3
2	5	7	4	1	3	9	6	8
3	2	8	1	4	7	5	9	6
6	7	4	8	5	9	2	3	1
1	9	5	3	6	2	8	4	7

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Top squads power up

EURO 2016
ROUND OF 16

Germany, Belgium, France on to quarters

France, Germany and Belgium sealed their places in the quarter-finals of the European Championship on Sunday as three of the pre-tournament favourites lived up to their promise.

There was a scare for the host nation after Ireland scored

a second-minute penalty, but Antoine Griezmann struck twice after the break to give France a deserved 2-1 victory in Lyon.

While France was made to work hard to advance, Germany had no such difficulties in a polished 3-0 victory over Slovakia, while Eden Hazard inspired Belgium to what ended up as a crushing 4-0 win over Hungary.

The goals and the quality of the soccer over the three games were a marked improvement on the dire performances witnessed on Saturday when Poland, Wales and Portugal

SCHEDULE

MONDAY'S GAMES
Italy vs. Spain
England vs. Iceland

advanced.

The relief was palpable at the Stade de Lyon after France finally overwhelmed an Ireland side that had led through Robbie Brady's penalty kick, after France midfielder Paul Pogba bundled Shane Long to the ground.

Ireland chased for every ball and worked tirelessly to

defend its slender lead. But Griezmann's two goals in the space of three minutes midway through the second half saw the natural order restored, and a red card for Shane Duffy in the 66th minute all but ended the contest.

"When Ireland took the lead it made us a bit more uncomfortable in the first half," France coach Didier Deschamps acknowledged.

"They showed a lot of enthusiasm ... we had to dig deep."

France will face either England or Iceland next Sunday.

THE ASSOCIATED PRESS



Antoine Griezmann, top, played the hero for France on Sunday, scoring both of its goals. AURELIEN MEUNIER/GETTY IMAGES

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Ceri Marsh & Laura Keogh
For Metro Canada

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Ready in

Prep time: 10 minutes
Cook time: 1 hour

Ingredients

- 6 cups roughly chopped seedless watermelon, divided
- 3 cups roughly chopped tomatoes, divided
- 1 shallot, roughly chopped
- 2 tablespoons olive oil
- 2 tablespoons white wine vinegar
- 1/4 cup roughly chopped basil, divided
- salt and pepper to taste

Directions

1. Toss 5 1/2 cups of the watermelon, 2 1/2 cups of the tomatoes, shallots, oil, vinegar, 2 tablespoons of the basil into a food processor and puree until smooth.

2. Transfer to mesh strainer and place above a large bowl. Strain the puree, pressing as much through as possible. Discard leftovers. Cover and chill for at least 1 hour.

3. Finely chop remaining 1/2 cup watermelon, 1/2 cup tomatoes and 2 tablespoons basil and mix together in a bowl. Pour soup into bowls and garnish with watermelon and tomato mix, and serve.

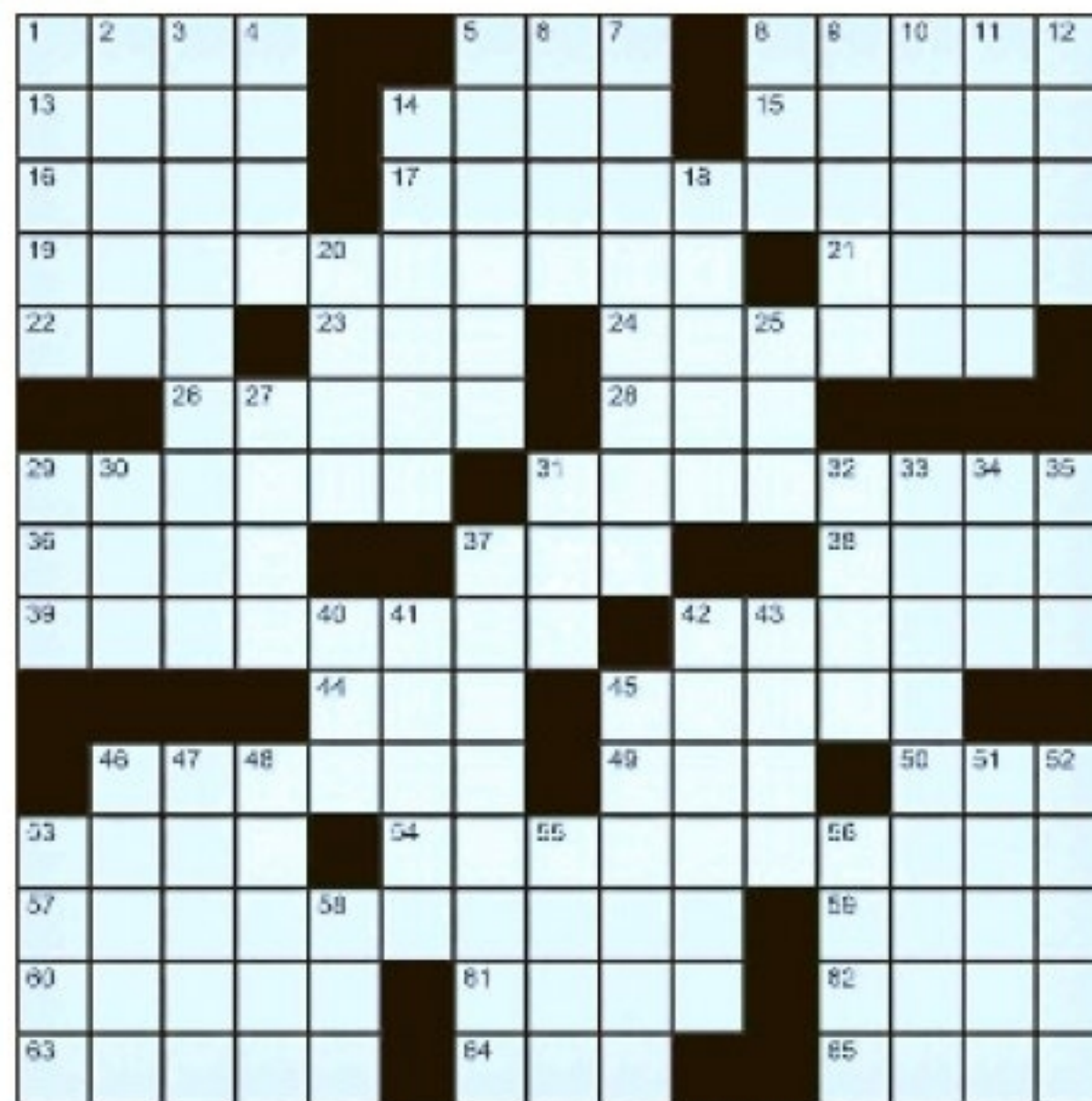
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BY KELLY ANN BUCHANAN

ACROSS

1. Newfoundland as Nfld.
5. QB's cheers-getters
8. Royal horse racing spot in England
13. Yesterday: Italian
14. Volkswagen Karmann __
15. Speedily
16. End Era link: 2 wds.
17. Converted from symbols to words
19. "By the Way" songstress/guitarist from Calgary: 2 wds.
21. Sigher's word
22. Addams Family relative
23. Letter's li'l jacket
24. Nick __ (Cop played by Adrian Holmes on Bravo's "19-2" ...more at #37-Down!)
26. Start of a quiz show query, "True or ___"
28. "Fact" finisher
29. Czech composer, Antonin __
31. Battle: French
36. __ TV show (Broadcast)
37. Band-Aid reason
38. Jessica of Hollywood
39. The Witching Hour
42. 1960s British model
44. Forensic evidence
45. __ kebab
46. Grand __ (Istanbul marketplace)
49. Frying pan drizzle
50. Howe'er



53. Unaccompanied
54. In-the-clouds with optimism
57. Preppy tops: 2 wds.
59. Honey drink
60. Feminine inner self, in Jungian psychology
61. Radiate

62. Crumbly soil
63. Not tidy
64. __ bread
65. Bohemian

DOWN

1. Garlic sauce
2. Quaintly suit
3. Wayne Gretzky's Ontario hometown
4. Orange-eating discard
5. "___ been going in and out of style..." - The Beatles, 1967
6. Stand-up comedian, Andrew __ Clay
7. Summer vessel
8. "Won-der-ful!"
9. __ of asparagus
10. Sophia Loren's movie producer husband Mr. Ponti (b.1912 - d.2007)
11. Cruise ship's

- water
12. Mr. Danson's
14. Port city in Poland
18. 'P' of SVP
20. Ms. Ward
25. Dietary letters
27. __ Islands of Ireland
29. River barrier
30. Sundial number
31. Except...
32. Kind of wading bird
33. Space travel distance
34. Part of a journey
35. Ron of '60s show "Tarzan"
37. #24-Across' Montreal police partner played by Jared Keeso, Ben __
40. Peak of Crete, Mount __
41. Grind teeth together
42. Crave
43. Shrewd
45. Military foray
46. Grammy-winner Debby
47. __ fair in love and war
48. Enlarges the on-screen image
51. "Crazy on You" band
52. Strangely enough
53. E-Mail junk
55. Canadian __ (Military force)
56. Ms. Watson
58. Perhaps...

* IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Family discussions will go well today. However, do note that this is a good day for real-estate deals and possibly shopping for your home or a family member. Ka-ching!

Taurus April 21 - May 21
You can make money with your words today, which is good news for writers, actors, teachers and people who sell or market. You are diplomatic and charming!

Gemini May 22 - June 21
If shopping today, you will want to buy beautiful things for yourself and others. However, you also can think of ways to boost your income.

Cancer June 22 - July 23
Travel and a desire to "get away from all this" is strong today. Do whatever you can to seek escape in a pleasant way. "Be free!"

Leo July 24 - Aug. 23
Solitude in beautiful surroundings will delight you today. Do something to pamper yourself so that you feel special and glad to be alive.

Virgo Aug. 24 - Sept. 23
You might admire a friend today, especially someone who is creative and artistic. Relations with groups, classes and clubs are warm and friendly.

Libra Sept. 24 - Oct. 23
Some of you might develop a crush on your boss or someone in a position of authority today. Others will use their connection with authority to help someone.

Scorpio Oct. 24 - Nov. 22
Try to escape on a wonderful trip somewhere today if you can. But if you cannot travel, then at least be a tourist in your own city. Enjoy art created by others.

Sagittarius Nov. 23 - Dec. 21
This is a good day to ask for a loan or a mortgage, or to ask to borrow something from someone. In some fashion, you will benefit from the wealth and resources of others.

Capricorn Dec. 22 - Jan. 20
Relations with partners and close friends are sweet and tender today. It's easy for you to imagine what it's like to walk a mile in someone else's wedges. (Hence the mutual sympathy.)

Aquarius Jan. 21 - Feb. 19
You might develop a crush on someone at work today. Others will get a raise or praise from a boss. Whatever happens, this is a pleasant day.

Pisces Feb. 20 - March 20
Accept invitations to artistic events and social occasions because you want to have fun today! Romance is alive. Enjoy playful times with children as well.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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0% 84 MONTH
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0% 84 MONTH
FINANCING

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OR PAY \$211 BIWEEKLY



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DARCY SCHINOUR SALES MANAGER 19 YEARS
SCOTT CLAY 5 YEARS
DAN MILLS 21 YEARS
JOHAN DEDEUGO 10 YEARS
HAN KIM 24 YEARS
JOE CHIARIZIO 48 YEARS
AARON SNOWIE 8 YEARS
MICHAEL CYBULSKI 10 YEARS
PHIL LAWRENCE 22 YEARS
JOHN QUINLAN 13 YEARS
BILLY MANSOUR 1 YEAR
SCOTT SCHINOUR 5 YEARS
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AMVIC LICENSED. ALL OFFERS OAC. ALL OFFERS INCLUDE FEES AND TAXES BUT EXCLUDE GST. BIWEEKLY PAYMENTS BASED ON 96 MONTH TERM @ 3.49% (PATRIOT), 1.99% (CHEROKEE) 2.99% (WRANGLER) WITH \$0 DOWNPAYMENT. COB=\$4,163.97 (16J082). *ALL REBATES TO DEALER (INCLUDING ALL JEEP LOYALTY/CONQUEST CASH. MUST HAVE A JEEP OR COMPETITIVE SUV TO QUALIFY). VEHICLES MAY NOT BE EXACTLY AS SHOWN. INVENTORY ACCURATE AT TIME OF PUBLICATION. LIMITED TIME OFFERS. SEE DEALER FOR DETAILS.

